

Child Care Health Consultation Lesson Plan

Contractor Name: DHSS standardized lesson plan

Date Submitted: October 24, 2014

☐ **Children's Health Promotion**

Adult Training on Content Area V: Health and Safety	Health and Safety Standards	Training Levels
Select one standard and one level	<input type="checkbox"/> Promoting Risk Management Practices	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input checked="" type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
	<input type="checkbox"/> Protecting Children and Youth	Source: Core Competencies for Early Childhood and Youth Development Professionals (Kansas and Missouri), 2011
	<input type="checkbox"/> Promoting Physical Health	
	<input checked="" type="checkbox"/> Promoting Mental Health	
	<input type="checkbox"/> Promoting Healthy Eating	

Title: Separation Anxiety in Children 1.0

Training Goal: Child care providers will acquire an understanding of and skills to assist with young children experiencing separation anxiety.

Learning Objective(s): Participants will:

- Recognize behavior that is normally associated with this developmental milestone
- Distinguish between normal separation anxiety and separation anxiety disorder
- Recognize symptoms of separation anxiety disorder
- Identify common causes of separation anxiety
- Develop skills to help children and support their parents in dealing with separation anxiety
- Decide when a referral may be needed
- Provide parents with resources to assist them in getting help if needed

Topical Outline of Content	Training Method(s)	Time (in minutes)
Introduction: Separation Anxiety—What it is and what it is not --Actually is a sign of a healthy attachment to the parent --Usually is a normal part of child development --If it doesn't go away and interferes with normal activities, may be a sign of a more serious underlying problem, or that the child has separation anxiety disorder.	Lecture/discussion Power point	10
Normal Separation Anxiety by age/Tips for helping each age group	Lecture/discussion Power point	10
More Tips for Parents and Caregivers dealing with normal Separation Anxiety	Lecture Power point	15
Separation Anxiety Disorder Causes When the problem may require help	Lecture/ Power point	10
Tips for Providers Helpful tips—general Tips for helping children feel secure Helping children reach independence and healthy separation Offering parents support	Lecture/ Power point Discussion	15
		Total time: 1 HR

Method(s) of Outcome Evaluation: Group participation & discussion. Q & A.

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APPROVED FOR 1 (ONE) CLOCK HOUR

Date Approved:
10-24-2014

Authorized Approval Signature:



Date Expires:
Oct 2017